manner indicated by the arrows. Thus, adjustable post mechanism **40'** can be pivoted in a horizontal direction (where A=left and B=right) and in vertical direction (where X=up and Y=down).

Referring now to FIGS. **5** and **6**, there is shown still a third embodiment of the hand rest or support apparatus **10"** in accordance with the present invention. FIG. **5** shows a perspective view of hand support apparatus **10"** and FIG. **6** shows a right side elevation view of hand support apparatus **10"**. Some of the elements enumerated in the third embodiment in FIGS. **5** and **6** are common to numbered elements shown in the first embodiment and second embodiment, and therefore are identical. Therefore, common components for hand support structure **10"**, namely, base plate **30"**, fasteners **34"**, adjustable post mechanism **40"**, adjustment rod **42***a*", hollow tube **42***b*", flange **42***c*", ball bearing **44"**, brace **32"**, bolts **36"**, collar **38"** and pin **48"** are as was described in connection with FIGS. **1** through **4**.

Referring still to FIGS. **5** and **6**, hand support structure **10"** includes a modified paper towel dispenser **59**. In this third embodiment, paper towel dispenser **59** includes a hand support bar **60**. Hand support bar **60** is of a generally rectangular shape to match the shape of the pad **62** provided with tear-off paper tissues **62***a*. The front surface of support bar **60** contains an etched hand image **64***a* and is provided with a Velcro strip **68**. Strip **68** is designed to fixedly connect with a mating member **66** at the back of pad **62** to facilitate replenishing and coupling pad **62** provided with paper tissues **62** to support bar **60**. Paper tissues **62** may be designed with a handprint impression **64***b*. Whenever a tissue **62***a* becomes dirty from use, dirty tissue **62***a* is simply torn away from tissue pad **62** and a clean paper tissue then becomes available at the front of tissue pad **62** for use thereof.

Still referring to FIGS. **5** and **6**, in the same manner as described in connection with the first embodiment and the second embodiment, if desired, adjustable post mechanism **40'** may be pivoted in a manner indicated by the arrows to a desired position. As indicated by the arrows, adjustable post mechanism **40"** can be pivoted in both a horizontal direction (where A=left and B=right) and in vertical direction (where X=up and Y=down).

While the invention has been particularly shown and described with reference to certain preferred embodiments, it will be understood by those skilled in the art that various alterations and modifications in form and detail may be made therein. Accordingly, it is intended that the following claims cover all such alterations and modifications as may fall within the true spirit and scope of the invention.

What is claimed is:

1. Hand support apparatus for resting a user's hand above a bathroom commode or urinal comprising:

(a) a base plate adapted to be mounted to a bathroom wall;

(b) a longitudinally adjustable post mechanism pivotally connected at one end to the base; and

(c) a hand contact form which is fixedly connected to another end of said post mechanism.

2. The apparatus according to claim **1** wherein said adjustable post mechanism comprises an adjustment rod slideably disposed in a tube and is secured horizontally in one of a plurality of positions.

3. The apparatus according to claim **2** wherein said base is attached to a bathroom wall by a plurality of fasteners.

4. The apparatus according to claim **3** wherein said rod is provided with a spring-loaded pin extending upward vertically for alignment with and through pre-selected openings in said tube.

5. The apparatus according to claim **4** wherein a brace is fixedly connected to a surface of said base plate by a plurality of fasteners.

6. The apparatus according to claim **5** wherein said brace comprises a collar integrally formed on a surface of said brace.

7. The apparatus according to claim **6** wherein said brace functions as a pedestal for said adjustable post mechanism.

8. The apparatus according to claim **7** wherein said base plate is formed of a hard rigid material.

9. The apparatus according to claim **8** wherein said brace is formed of a rigid material.

10. The apparatus according to claim **9** wherein said hand contact form is in the shape of an open or extended hand and is constructed of a rigid material.

11. The apparatus according to claim **6** wherein said adjustable post mechanism comprises an adjustment rod and a hollow tube coupled to a connecting flange.

12. The apparatus according to claim **11** wherein said flange is generally cone-shaped and is firmly fixed to a back surface of said hand contact form.

13. The apparatus according to claim **12** wherein said adjustment rod has a ball bearing fixed on one end thereof and is housed and retained by a collar.

14. The apparatus according to claim **13** wherein said ball bearing extends through an opening in said brace and into a recess in a surface of said base plate.

15. The apparatus according to claim **14** wherein said adjustment rod has an outside diameter that corresponds with an inside diameter of said hollow tube.

16. The apparatus according to claim **15** wherein said hollow tube is provided with a long position opening and a short position opening formed in a surface of said tube.

17. The apparatus according to claim **16** wherein said long position opening and said short position opening are of a diameter sufficient for receiving said spring-loaded pin.

18. The apparatus according to claim **17** wherein said pin can be manually depressed by an individual and selectively moved and released thereby allowing said pin to extend vertically through either said long position opening or said short position opening.

19. The apparatus according to claim **18** wherein said pin is aligned to extend through said long position opening thereby causing said adjustable post mechanism to be set in said long position thereby forming a distance of said hand contact form from said wall in a range of at least 6.25 to about 8.25 inches measured in a horizontal plane.

20. The apparatus according to claim **19** wherein within said ball bearing formed in said adjustment rod permits said adjustable post mechanism to pivot about a vertical and horizontal axis.

21. The apparatus according to claim **19** wherein said ball bearing formed in said adjustment rod permits said adjustable post mechanism to pivot in a manner indicated by an arrow in a horizontal direction where: A=left and B=right.

22. The apparatus according to claim **19** wherein said ball bearing formed in said adjustment rod permits said adjustable post mechanism to pivot in a manner indicated by an arrow in a vertical direction where: X=up and Y=down.

23. The apparatus according to claim **18** wherein said pin is aligned to extend through said short position opening thereby causing said adjustable post mechanism to be set in said short position thereby forming a distance of said hand contact form from said wall in a range of at least 4.25 to not more than 6.25 inches measured in a horizontal plane.

24. The apparatus according to claim **23** wherein within said ball bearing formed in said adjustment rod permits said